



Menstrual Migraine

What is menstrual Migraine?

Some women suffer from migraine attacks in association with the menstrual cycle, termed menstrual related migraine (MRM).

MRM occurs between days -2 and +3 of the first day of menstruation (which is +1) in at least 2 out of 3 menstrual cycles.

Women with MRM will also have attacks at other times.

Less than 10% of women report migraine exclusively with menstruation and at no other time ('pure' menstrual migraine)

How can I treat it?

The acute treatment of menstrual related attacks is no different to non-menstrual attacks.

A short term preventative treatment might be helpful to cover the time when you know you are vulnerable to menstrual migraine- generally from two days before until three days after bleeding starts. Your doctor can prescribe this for you.

We have produced an information sheet to tell you more about menstrual migraine treatments. We would recommend you read this if you want to know more